

# Join me on the mystical and transformational adventure to Machu Picchu with G-Adventures.



A 9 day transformational adventure in Cusco, the Sacred Valley, and hiking the Inka Trail to Machu Picchu.

An unforgettable journey of resilience, wellness, and connection.



Enjoy fesh local cuisine throughout the tour.



Experience the tranquility of ancient ruins and the Peruvian culture.



Relax in luxury accomodations in the Sacred Valley.



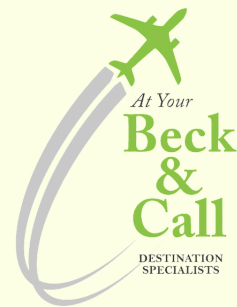
For more information and booking details:

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Beck

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# At Your Beck and Call presents:

A once in a lifetime transformational adventure in Cusco, the Sacred Valley, and hiking the Inka Trail to Machu Picchu, Peru. An unforgettable journey of wellness, resilience, and connection.



**HeartMath.**  
Certified Trainer

As your host, we will begin our wellness journey with a virtual 4hr pre-tour HeartMath® resilience and coherence training. Learn the techniques to optimize your entire physiology, create a new state of being of resilience, more energy, enhanced brain function, optimal intuitive ability, deeper care for self, others, and our planet Earth. We will continue the practice during the tour, and follow-up post tour. For more information on the HeartMath® program, visit: [www.jasontbeck.ca/resilience-training](http://www.jasontbeck.ca/resilience-training)



Elevate your Inca Trail adventure with added comforts that allow you to immerse yourself even deeper in the breathtaking mountains all around you. Paced differently than the standard route, enjoy slightly later starts in the mornings as well as less-frequented campsites along the way in order to maximise the experience. Spend the nights on cots with included air mattresses, sleeping bags and blankets for a better rest and take advantage of portable toilets and warm showers along the way. Featuring the Sacred Valley and an expert local guide too, this is Peru and the Inca Trail done to perfection.

- Explore the imposing Inca ruins of Pisaq
- Interact with the locals in the Sacred Valley
- Hike the Inca Trail with comfortable camping
- Sleep in less-frequented campsites along the Inca Trail
- Wander the temples and terraces of Machu Picchu with an expert guide

Duration: 9 days

Start/Finish City: Cusco to Cusco

Service Level: Upgraded

Quality accommodations and more inclusions than on other G Adventures tours, like meals, private transport, and activities.

Physical Grading: 4 - Demanding

Some high-altitude hikes or more strenuous activities, but accessible to most healthy travellers.

Travel Style: The Geluxe Collection

With perfectly paced itineraries, one-of-a-kind accommodations, and comfort at their very core, these premium active trips are adventure at its finest.

Trip Type: Small Group

Small group experience; Max 16, avg 12



## Total cost \$5549.00 plus return flights to Cusco.

Planeterra Foundation - the non profit partner of G-Adventures. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses.

These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Heart Solution Evolution will also donate 25% of the resilience training proceeds to the Planeterra Foundation. [www.planeterra.org](http://www.planeterra.org)